

TLC Diet Food List

Instruction: Feel free to customize and expand this list based on preferences, dietary needs, and what's accessible.

Fruits

- Apples
- Berries (Strawberries, Blueberries, Raspberries)
- Citrus fruits (Oranges, Grapefruits)
- Bananas
- Melons (Watermelon, Cantaloupe)
- Grapes
- _____
- _____
- _____
- _____

Vegetables

- Leafy greens (Spinach, Kale, Swiss Chard)
- Cruciferous vegetables (Broccoli, Cauliflower)
- Carrots
- Bell Peppers
- Tomatoes
- Onions
- _____
- _____
- _____
- _____

Whole Grains

- Oats
- Brown rice
- Quinoa
- Whole grain bread
- Whole grain pasta
- _____
- _____
- _____
- _____

Lean Proteins

- Skinless poultry (Chicken, Turkey)
- Fish (Salmon, Tuna)
- Legumes (Beans, Lentils)
- _____
- _____
- _____
- _____
- _____

<p>Low-Fat Dairy</p> <p><input type="checkbox"/> Greek yogurt</p> <p><input type="checkbox"/> Skim milk</p> <p><input type="checkbox"/> Cottage cheese</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>	<p>Healthy Fats</p> <p><input type="checkbox"/> Avocado</p> <p><input type="checkbox"/> Nuts (Almonds, Walnuts)</p> <p><input type="checkbox"/> Olive oil</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>
---	--

<p>Foods to Limit or Avoid</p> <p>The TLC diet recommends limiting or avoiding the following foods:</p> <p><input type="checkbox"/> Saturated and unhealthy fats, such as butter, lard, and full-fat dairy products</p> <p><input type="checkbox"/> Cholesterol, such as eggs and organ meats</p> <p><input type="checkbox"/> Sodium, such as processed foods and table salt</p> <p><input type="checkbox"/> Added sugars, such as candy, soda, and sweet pastries</p>	<p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>
---	---

TLC Diet Food Consumption Tracker

Instruction: Develop suggested portion sizes for various food types that could be part of the diet.

Portion Sizes (servings):

<p>Fruits:</p> <p>Type: _____</p> <p>Type: _____</p> <p>Type: _____</p> <p>Type: _____</p> <p>Type: _____</p>	<p>Serving Size: _____</p> <p>Serving Size: _____</p> <p>Serving Size: _____</p> <p>Serving Size: _____</p> <p>Serving Size: _____</p>
--	--

Vegetables:

Type: _____
Type: _____
Type: _____
Type: _____
Type: _____

Serving Size: _____
Serving Size: _____
Serving Size: _____
Serving Size: _____
Serving Size: _____

Whole Grains:

Type: _____
Type: _____
Type: _____
Type: _____
Type: _____

Serving Size: _____
Serving Size: _____
Serving Size: _____
Serving Size: _____
Serving Size: _____

Lean Proteins:

Type: _____
Type: _____
Type: _____
Type: _____
Type: _____

Serving Size: _____
Serving Size: _____
Serving Size: _____
Serving Size: _____
Serving Size: _____

Low-Fat Dairy:

Type: _____
Type: _____
Type: _____
Type: _____
Type: _____

Serving Size: _____
Serving Size: _____
Serving Size: _____
Serving Size: _____
Serving Size: _____

Healthy Fats:

Type: _____
Type: _____
Type: _____
Type: _____
Type: _____

Serving Size: _____
Serving Size: _____
Serving Size: _____
Serving Size: _____
Serving Size: _____

Review and Adjustments: